

# Ironman World Championship

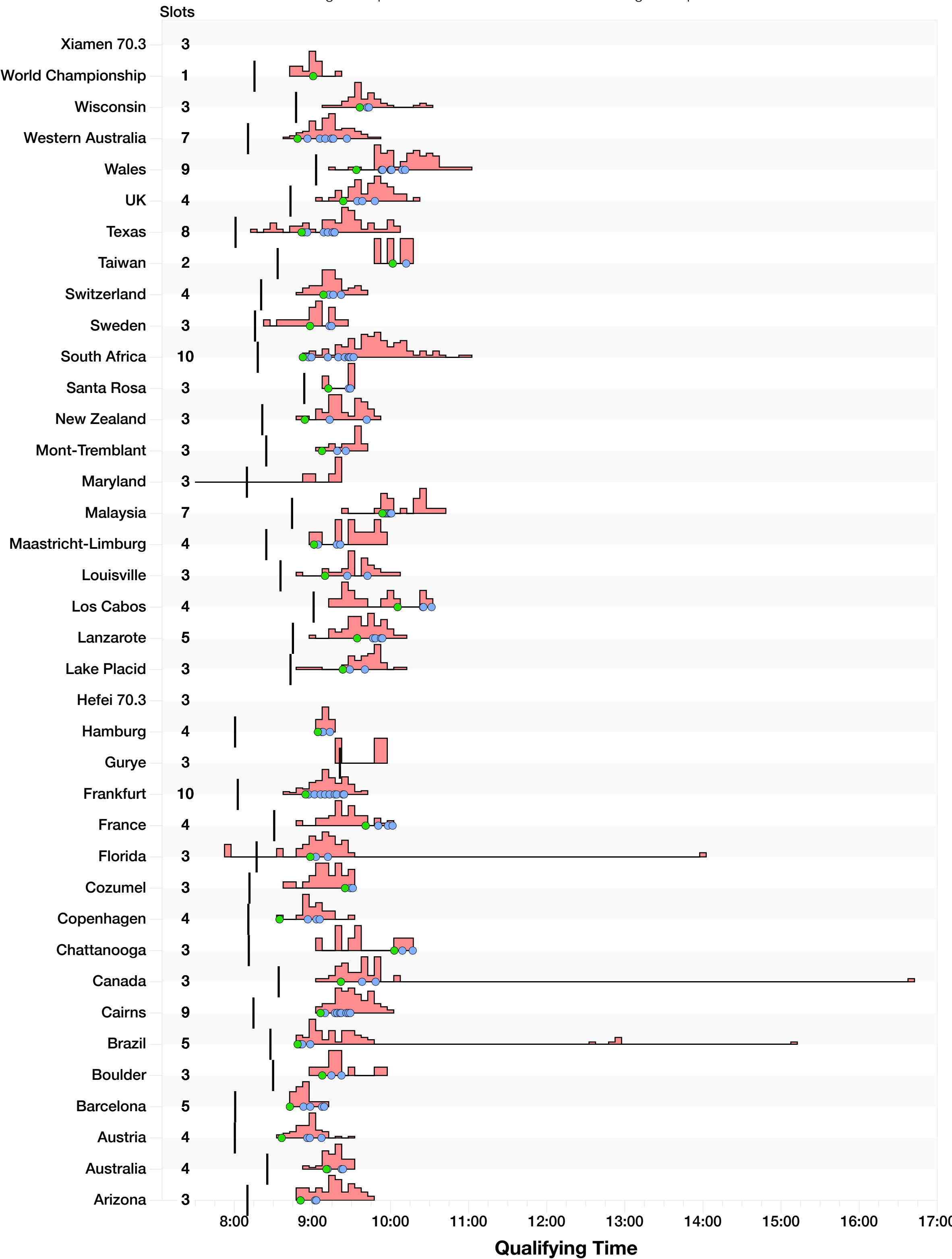
M35-39

2017 Qualification Stats

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# 2017 Qualification Comparison for M35-39

- Distribution of Past Qualifying Times
- 2017 Age Group Qualifier
- | Average Race Winning Time
- 2017 Age Group Winner



# M35-39 Past Qualifying Times

## Ironman Arizona (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:42	9:31:40	9:42:52
2006	8:20:56	9:22:56	9:30:33
2007	8:21:14	9:31:37	9:41:12
2008	8:14:16	9:15:28	9:22:01
2010	8:13:35	9:02:30	9:21:54
2011	8:07:16	9:14:03	9:16:34
2012	8:03:13	8:50:21	9:03:56
2013	8:02:00	9:08:51	9:16:27
2014	7:55:48	8:52:52	9:00:58
2015	7:58:22	8:49:04	9:22:17
2016	7:44:29	8:50:53	9:02:56
<b>Average</b>	<b>8:07:53</b>	<b>9:08:12</b>	<b>9:20:09</b>

## Ironman Australia (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:25:44	9:09:49	9:22:44
2006	8:20:42	9:11:11	9:25:40
2007	8:21:49	9:12:10	9:31:52
2008	8:31:33	9:14:02	9:28:26
2009	8:24:53	9:08:14	9:18:39
2010	8:23:54	9:04:21	9:20:39
2011	8:29:28	8:56:15	9:31:17
2012	8:17:38	9:03:05	9:23:07
2013	8:30:23	9:16:45	9:28:54
2014	8:35:18	8:55:35	9:21:55
2015	8:35:53	9:15:18	9:22:12
2016	8:16:34	9:09:38	9:31:04
2017	8:15:35	9:10:46	9:23:28
<b>Average</b>	<b>8:25:20</b>	<b>9:08:14</b>	<b>9:25:22</b>

## Ironman Austria (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:14:37	8:45:06	8:59:54
2006	8:07:59	8:51:18	9:08:07
2007	8:06:39	8:56:44	9:10:15
2008	8:06:11	8:48:19	8:58:54
2009	8:01:38	8:49:45	9:09:05
2010	7:52:05	8:40:34	9:02:32
2011	7:45:58	8:33:42	8:52:56
2012	8:11:31	8:59:34	9:29:32
2013	7:59:51	8:54:01	9:02:06
2014	7:48:43	8:46:35	8:59:24
2015	7:48:45	8:45:43	9:01:03
2016	8:04:18	8:38:01	8:50:41
2017	7:57:20	8:36:25	9:06:58
<b>Average</b>	<b>8:00:25</b>	<b>8:46:35</b>	<b>9:03:57</b>

### Ironman Barcelona (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:04:13	8:44:17	8:53:49
2015	8:02:20	8:46:30	8:56:52
2016	7:55:28	8:42:41	9:07:27
<b>Average</b>	<b>8:00:40</b>	<b>8:44:29</b>	<b>8:59:22</b>

### Ironman Boulder (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:20:26	9:15:30	9:28:02
2015	8:45:20	8:58:43	9:17:56
2016	8:39:59	9:04:31	9:52:50
2017	8:13:30	9:07:34	9:22:19
<b>Average</b>	<b>8:29:48</b>	<b>9:06:34</b>	<b>9:30:16</b>

### Ironman Brazil (13 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	13th Place Age Group Time
2006	8:15:18	9:15:59	9:58:34
2007	8:21:09	9:16:50	9:46:57
2008	8:28:24	9:10:44	9:53:23
2009	8:13:39	9:27:33	9:59:21
2010	8:07:39	9:07:40	9:44:12
2011	12:14:21	12:35:59	13:00:50
2012	8:22:40	8:58:58	9:40:25
2013	8:01:32	8:59:23	9:33:22
2014	8:07:52	8:55:46	9:17:11
2015	7:53:44	8:57:21	9:22:47
2016	7:46:10	8:54:50	9:28:03
2017	7:40:23	8:48:39	9:09:58
<b>Average</b>	<b>8:27:44</b>	<b>9:22:28</b>	<b>9:54:35</b>

### Ironman Cairns (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2012	8:15:04	9:09:40	9:46:21
2013	8:17:43	9:03:23	9:36:46
2014	8:20:15	9:11:37	9:28:04
2015	8:18:01	9:16:11	9:53:53
2016	8:15:03	9:29:55	9:48:52
2017	8:02:17	9:06:15	9:27:38
<b>Average</b>	<b>8:14:43</b>	<b>9:12:50</b>	<b>9:40:15</b>

### Ironman Canada (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:28:06	9:25:46	9:38:35
2005	8:33:32	9:32:26	9:50:31
2006	8:33:58	9:24:32	9:48:24
2007	8:32:45	9:36:19	9:42:52
2008	8:30:12	9:21:23	9:22:08
2009	8:25:13	9:20:08	9:38:12
2010	8:32:28	9:06:21	9:20:47
2011	8:28:09	9:12:10	9:39:07
2012	8:48:30	9:16:03	9:37:57
2013	8:39:33	9:25:52	9:38:51
2014	8:16:10	9:24:37	9:47:30
2015	8:49:46	9:50:41	10:05:21
2016	8:20:23	9:42:33	9:51:39
2017	8:58:46	9:21:53	9:48:34
<b>Average</b>	<b>8:34:06</b>	<b>9:25:46</b>	<b>9:42:10</b>

### Ironman Chattanooga (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:12:32	9:07:09	9:36:12
2015	8:08:32	9:17:52	9:33:24
2016	8:12:22	10:02:54	10:17:05
<b>Average</b>	<b>8:11:08</b>	<b>9:29:18</b>	<b>9:48:53</b>

### Ironman Coeur d'Alene (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2003	8:40:59	9:33:43	9:59:35
2005	8:23:29	9:25:34	9:48:36
2006	9:07:05	9:07:05	9:57:59
2007	8:33:32	9:33:41	9:53:44
2008	8:34:22	9:30:17	9:50:31
2009	8:32:12	9:24:31	9:46:46
2010	8:24:40	9:24:21	9:39:59
2011	8:19:48	9:23:21	9:42:02
2012	8:32:29	9:41:06	9:51:45
2013	8:17:31	9:27:40	9:33:50
2014	8:25:44	9:25:19	9:40:05
2015	8:20:35	9:36:26	9:54:15
2016	9:28:29	9:38:44	9:54:14
2017	9:29:52	9:56:58	10:50:04
<b>Average</b>	<b>8:39:20</b>	<b>9:30:37</b>	<b>9:53:06</b>

### Ironman Copenhagen (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2013	8:12:41	8:53:57	8:57:08
2014	8:03:39	8:56:00	9:11:21
2015	8:14:56	9:09:42	9:27:52
2016	7:49:18	8:49:01	8:59:40
2017	8:33:25	8:34:45	9:05:37
<b>Average</b>	<b>8:10:47</b>	<b>8:52:41</b>	<b>9:08:19</b>

### Ironman Cozumel (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2009	8:18:40	9:03:05	9:31:51
2010	8:12:20	9:10:47	9:20:48
2011	8:23:52	9:05:01	9:09:20
2012	8:15:07	8:59:01	9:21:58
2013	7:55:23	8:39:34	8:53:44
2014	8:12:16	9:00:51	9:20:16
2015	8:12:27	9:02:36	9:19:45
2016	8:03:09	9:25:04	9:31:02
<b>Average</b>	<b>8:11:39</b>	<b>9:03:14</b>	<b>9:18:35</b>

### Ironman Florida (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:31:07	9:12:49	9:14:54
2005	8:28:26	9:18:29	9:30:41
2006	8:22:44	9:07:16	9:25:01
2007	8:21:29	9:07:14	9:11:41
2008	8:07:59	8:53:30	9:07:34
2009	8:24:29	8:47:23	8:59:25
2010	8:15:59	8:37:10	8:59:14
2011	7:59:42	9:04:01	9:23:11
2012	8:06:17	9:08:36	9:18:49
2013	7:53:12	8:48:57	8:55:59
2014	7:33:47	7:53:16	7:56:43
2015	8:36:06	8:36:06	9:25:26
2016	8:48:15	8:58:22	9:11:52
<b>Average</b>	<b>8:16:07</b>	<b>8:53:19</b>	<b>9:07:43</b>

### Ironman Fortaleza (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2014	8:30:15	9:45:04	10:01:21
2015	9:14:23	9:14:23	9:47:33
2016	9:12:09	9:12:09	9:26:05
<b>Average</b>	<b>8:58:55</b>	<b>9:23:52</b>	<b>9:44:59</b>

### Ironman France (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:49:06	9:27:04	9:53:13
2006	8:33:55	9:17:45	9:49:49
2007	8:38:45	9:17:36	9:39:59
2008	8:34:18	9:14:34	9:29:01
2009	8:30:06	9:19:47	9:34:24
2011	8:28:30	9:12:57	9:23:45
2012	8:21:51	9:13:10	9:28:49
2013	8:08:59	8:50:53	9:08:25
2014	8:33:22	9:05:25	9:20:07
2015	8:27:32	9:11:37	9:35:54
2016	8:30:00	8:51:28	9:28:40
2017	8:31:31	9:40:54	10:01:36
<b>Average</b>	<b>8:30:39</b>	<b>9:13:35</b>	<b>9:34:28</b>

### Ironman Frankfurt (9 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	9th Place Age Group Time
2003	8:12:29	9:04:59	9:26:51
2005	8:20:50	8:54:01	9:30:09
2006	8:13:39	9:21:55	9:34:31
2007	8:09:15	8:50:45	9:14:29
2008	7:59:55	8:44:06	9:09:50
2009	7:59:15	8:38:57	9:09:10
2010	8:05:15	8:39:55	9:28:07
2011	8:13:50	9:06:34	9:23:30
2012	8:03:31	9:08:30	9:18:59
2013	7:59:58	8:52:55	9:14:20
2014	7:55:14	8:42:04	9:09:11
2015	7:49:48	9:14:18	9:41:50
2016	7:52:43	8:51:33	9:04:41
2017	7:41:42	8:54:42	9:23:30
<b>Average</b>	<b>8:02:40</b>	<b>8:56:05</b>	<b>9:20:39</b>

### Ironman Hamburg (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2017	8:00:36	9:04:13	9:13:26
<b>Average</b>	<b>8:00:36</b>	<b>9:04:13</b>	<b>9:13:26</b>

### Ironman Hefei 70.3 (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2016	3:55:32	4:08:23	4:20:41
<b>Average</b>	<b>3:55:32</b>	<b>4:08:23</b>	<b>4:20:41</b>

### Ironman Lake Placid (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2002	8:39:19	9:27:21	9:42:21
2003	8:46:15	9:47:48	9:54:57
2004	8:23:12	9:31:17	9:32:29
2006	8:38:18	9:43:54	9:54:19
2007	9:16:02	9:42:51	9:50:17
2008	8:43:32	9:51:21	9:52:26
2009	8:36:37	9:32:56	9:48:04
2010	8:39:34	9:27:30	9:37:00
2011	8:25:15	9:37:50	9:45:55
2012	8:25:07	9:32:58	9:51:20
2013	8:43:29	9:06:44	9:42:07
2014	8:38:43	8:49:17	8:58:13
2015	9:31:09	9:42:30	10:07:38
2016	9:07:15	9:27:52	9:53:50
2017	8:13:53	9:23:21	9:40:18
<b>Average</b>	<b>8:43:10</b>	<b>9:31:02</b>	<b>9:44:44</b>

### Ironman Lanzarote (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2008	8:59:37	9:35:31	9:54:41
2009	8:54:03	9:29:46	9:44:43
2010	8:37:42	9:01:43	9:48:03
2011	8:30:34	9:13:44	9:34:45
2012	8:44:39	9:15:24	9:46:06
2013	8:42:40	9:28:26	9:52:22
2014	8:47:39	9:12:30	9:35:52
2015	8:56:49	9:54:12	10:03:55
2016	8:42:33	9:24:24	9:40:00
2017	8:34:13	9:34:21	9:52:41
<b>Average</b>	<b>8:45:02</b>	<b>9:25:00</b>	<b>9:47:18</b>

### Ironman Los Cabos (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2013	8:26:48	9:25:44	9:58:15
2014	8:26:15	9:15:22	9:36:55
2015	9:25:06	9:25:06	9:58:36
2016	9:45:35	10:05:28	10:31:33
<b>Average</b>	<b>9:00:56</b>	<b>9:32:55</b>	<b>10:01:19</b>

### Ironman Louisville (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:38:39	9:41:39	9:42:05
2008	8:33:58	9:31:06	9:49:49
2010	8:29:59	9:45:19	10:02:42
2011	8:27:36	9:10:29	9:32:10
2012	8:42:44	9:47:08	10:01:44
2013	8:21:34	9:28:33	9:38:43
2014	8:24:44	9:16:15	9:29:46
2015	8:48:53	8:48:53	9:30:45
2016	9:01:17	9:09:40	9:42:17
<b>Average</b>	<b>8:36:36</b>	<b>9:24:20</b>	<b>9:43:20</b>

### Ironman Maastricht-Limburg (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:27:18	9:38:26	9:52:30
2016	8:28:17	9:29:31	9:43:44
2017	8:18:09	9:01:13	9:21:24
<b>Average</b>	<b>8:24:34</b>	<b>9:23:03</b>	<b>9:39:12</b>

### Ironman Malaysia (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:41:53	9:27:16	10:25:07
2015	8:52:02	9:51:33	10:27:04
2016	8:39:12	9:53:48	9:58:37
<b>Average</b>	<b>8:44:22</b>	<b>9:44:12</b>	<b>10:16:56</b>



### Ironman Mallorca (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:34:02	9:02:30	9:16:07
2015	8:17:22	8:52:30	9:09:29
2016	8:26:09	8:53:56	9:09:13
<b>Average</b>	<b>8:25:51</b>	<b>8:56:18</b>	<b>9:11:36</b>

### Ironman Maryland (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:51:19	8:56:21	9:19:13
2015	8:38:21	9:02:16	9:21:05
2016	6:59:24	7:04:48	7:20:57
<b>Average</b>	<b>8:09:41</b>	<b>8:21:08</b>	<b>8:40:25</b>

### Ironman Mont-Tremblant (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:40:48	9:16:27	9:34:21
2013	8:26:06	9:12:08	9:34:19
2014	8:16:17	9:12:38	9:33:36
2015	8:17:37	9:31:32	9:37:18
2016	8:24:59	9:37:00	9:41:32
2017	8:21:29	9:07:21	9:25:39
<b>Average</b>	<b>8:24:32</b>	<b>9:19:31</b>	<b>9:34:27</b>

### Ironman New Zealand (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:22:04	9:36:39	9:48:09
2004	8:30:29	9:20:51	9:47:09
2005	8:20:14	9:35:23	9:38:20
2007	8:26:33	9:39:26	9:41:16
2008	8:24:49	9:20:06	9:27:33
2009	8:18:04	9:09:26	9:17:34
2010	8:21:52	9:06:40	9:21:00
2011	8:31:07	9:07:10	9:17:14
2013	8:15:35	9:34:16	9:46:22
2014	8:17:33	9:14:41	9:16:21
2015	8:22:13	9:11:55	9:24:15
2016	8:07:58	8:49:04	9:18:29
2017	8:20:58	8:54:10	9:41:42
<b>Average</b>	<b>8:21:29</b>	<b>9:16:54</b>	<b>9:31:11</b>

### Ironman Santa Rosa (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2017	8:53:44	9:12:15	9:29:07
<b>Average</b>	<b>8:53:44</b>	<b>9:12:15</b>	<b>9:29:07</b>

### Ironman South Africa (9 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	9th Place Age Group Time
2007	8:33:04	9:24:37	10:11:21
2008	8:18:23	9:17:44	9:48:45
2009	8:17:32	9:21:24	10:25:08
2010	8:23:28	9:05:31	9:41:19
2011	8:05:36	9:19:19	10:04:20
2012	8:34:45	9:47:22	10:55:44
2013	8:11:24	9:00:27	9:50:10
2014	8:26:07	9:47:33	10:33:14
2015	8:16:35	9:28:57	10:07:59
2016	8:12:37	9:17:00	9:44:10
2017	7:58:40	8:52:38	9:29:11
<b>Average</b>	<b>8:18:01</b>	<b>9:20:13</b>	<b>10:04:40</b>

### Ironman Sweden (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	8:04:01	8:24:27	8:41:29
2013	8:19:30	9:06:11	9:26:06
2014	8:13:01	8:57:48	9:15:31
2015	8:08:05	9:05:15	9:25:35
2016	8:43:10	8:43:10	8:55:49
2017	8:07:48	8:58:11	9:23:05
<b>Average</b>	<b>8:15:55</b>	<b>8:52:30</b>	<b>9:11:15</b>

### Ironman Switzerland (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:21:50	9:13:25	9:35:58
2006	8:16:50	8:59:00	9:21:18
2007	8:25:00	9:05:56	9:12:29
2008	8:16:05	9:16:30	9:28:36
2009	8:20:00	8:50:30	9:04:42
2010	8:12:40	8:54:53	9:05:18
2011	8:19:51	9:09:47	9:20:32
2012	8:17:13	9:00:52	9:22:18
2013	8:33:39	9:13:54	9:40:15
2014	8:33:02	9:03:18	9:10:56
2015	8:21:19	9:23:37	9:37:18
2016	8:17:04	9:08:56	9:15:17
2017	8:13:28	9:08:30	9:22:03
<b>Average</b>	<b>8:20:37</b>	<b>9:06:51</b>	<b>9:21:18</b>

### Ironman Taiwan (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:25:54	9:48:53	10:17:09
2016	8:40:45	10:01:44	10:12:01
<b>Average</b>	<b>8:33:19</b>	<b>9:55:18</b>	<b>10:14:35</b>

### Ironman Texas (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2011	8:08:20	8:55:33	10:05:43
2012	8:10:44	9:27:00	9:44:22
2013	8:25:06	9:12:21	10:00:59
2014	8:09:37	8:52:21	9:36:54
2015	8:07:03	9:01:03	9:37:03
2016	7:13:13	8:12:58	8:45:35
2017	7:52:44	8:51:44	9:17:02
<b>Average</b>	<b>8:00:58</b>	<b>8:56:08</b>	<b>9:35:22</b>

### Ironman UK (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2007	8:35:57	9:29:08	9:33:58
2008	8:53:58	9:43:20	9:51:04
2009	8:45:51	9:17:42	10:10:11
2010	8:40:17	9:22:04	9:53:31
2011	8:24:33	9:19:17	9:37:00
2012	8:55:11	9:15:51	9:58:15
2013	8:45:48	9:34:19	10:01:58
2014	8:44:10	9:49:46	10:19:13
2015	8:46:37	9:44:33	9:57:52
2016	8:41:13	9:05:28	9:50:48
2017	8:41:07	9:23:40	9:47:59
<b>Average</b>	<b>8:43:09</b>	<b>9:27:44</b>	<b>9:54:42</b>

### Ironman Vichy (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:23:49	8:52:42	9:18:27
2016	8:17:14	8:47:24	9:03:46
2017	8:40:32	8:45:54	9:07:43
<b>Average</b>	<b>8:27:11</b>	<b>8:48:40</b>	<b>9:09:58</b>

### Ironman Vichy (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:23:49	8:52:42	9:18:27
2016	8:17:14	8:47:24	9:03:46
2017	8:40:32	8:45:54	9:07:43
<b>Average</b>	<b>8:27:11</b>	<b>8:48:40</b>	<b>9:09:58</b>

### Ironman Wales (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2011	9:04:20	9:16:23	10:00:00
2012	8:52:43	9:28:43	9:50:12
2013	9:09:10	9:51:36	10:25:50
2014	9:07:28	9:55:23	10:37:19
2015	8:57:33	10:10:45	10:21:27
2016	9:01:39	9:33:46	10:00:00
2017	9:07:03	9:50:47	10:22:27
<b>Average</b>	<b>9:02:50</b>	<b>9:43:54</b>	<b>10:13:53</b>

### Ironman Western Australia (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:16:00	9:01:43	9:13:39
2005	8:27:36	9:12:24	9:29:46
2006	8:08:57	9:01:35	9:14:36
2007	8:06:00	8:59:37	9:07:48
2008	8:07:06	8:53:26	9:01:45
2009	8:13:59	8:54:48	9:04:21
2010	8:14:01	8:39:43	8:50:34
2011	8:12:39	9:04:31	9:15:56
2012	8:29:06	8:56:35	9:25:23
2013	8:08:16	8:50:20	9:10:09
2014	8:05:58	8:49:14	9:01:39
2015	7:55:58	8:44:20	9:01:25
2016	7:51:26	8:48:33	9:05:39
<b>Average</b>	<b>8:10:32</b>	<b>8:55:08</b>	<b>9:09:26</b>

### Ironman Weymouth (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2016	9:22:25	9:48:12	9:57:19
<b>Average</b>	<b>9:22:25</b>	<b>9:48:12</b>	<b>9:57:19</b>

### Ironman Wisconsin (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:55:26	9:22:59	10:24:18
2004	8:52:33	9:12:29	9:37:04
2005	9:01:34	10:17:45	10:28:44
2006	9:07:24	9:38:48	9:51:11
2007	8:52:49	9:14:34	9:42:59
2008	8:43:29	9:20:05	9:43:39
2009	8:45:19	9:32:32	9:45:54
2010	8:38:32	9:28:19	9:50:57
2011	8:45:18	9:36:08	9:53:06
2012	8:32:51	9:32:18	9:36:32
2013	8:40:15	9:23:47	9:37:20
2014	8:31:20	9:31:19	9:44:02
2015	8:59:59	9:47:21	9:52:47
2016	9:07:43	9:36:24	9:43:21
2017	8:17:19	9:30:04	9:37:00
<b>Average</b>	<b>8:47:27</b>	<b>9:32:19</b>	<b>9:49:55</b>

## Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	8:59:36
2004	8:33:29	9:19:38
2005	8:14:17	8:54:36
2006	8:11:56	8:47:02
2007	8:15:34	9:04:25
2008	8:17:45	9:01:16
2009	8:20:21	9:01:32
2010	8:10:37	9:04:14
2011	8:03:56	8:50:09
2012	8:18:37	9:06:09
2013	8:12:29	8:45:00
2014	8:14:18	8:50:22
2015	8:14:40	9:01:38
2016	8:06:30	9:00:35
<b>Average</b>	<b>8:18:08</b>	<b>8:59:00</b>

## Ironman Xiamen 70.3 (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2016	3:56:51	4:28:24	4:41:02
<b>Average</b>	<b>3:56:51</b>	<b>4:28:24</b>	<b>4:41:02</b>

Results from Ironman.com. Tables compiled by Russ Cox (russell.m.cox@gmail.com) for www.coachcox.co.uk

# M35-39 Average Top 10 and Kona Qualifying Splits

## Ironman Arizona

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:36	4:25:29	2:49:02	8:10:05
1st Age Grouper	0:57:13	4:52:51	3:12:28	9:08:12
2nd Age Grouper	1:02:29	4:54:09	3:15:02	9:17:04
3rd Age Grouper	1:00:49	4:55:39	3:17:13	9:20:09
4th Age Grouper	1:01:29	4:29:50	3:20:51	9:24:13
5th Age Grouper	1:01:32	4:57:43	3:25:40	9:30:45
6th Age Grouper	1:03:00	5:02:52	3:22:18	9:34:48
7th Age Grouper	1:03:10	5:03:32	3:22:04	9:34:27
8th Age Grouper	1:02:27	5:02:56	3:30:01	9:41:20
9th Age Grouper	1:06:13	5:05:31	3:28:49	9:47:14
10th Age Grouper	1:03:49	5:11:17	3:26:46	9:48:58
<b>Kona Qualifier Average</b>	<b>0:59:40</b>	<b>4:55:24</b>	<b>3:15:19</b>	<b>9:16:14</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:57</b>	<b>4:58:36</b>	<b>3:22:15</b>	<b>9:31:20</b>

## Ironman Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:41	4:41:42	2:53:32	8:25:20
1st Age Grouper	0:52:34	5:00:28	3:12:19	9:08:14
2nd Age Grouper	0:53:30	5:02:20	3:15:15	9:14:37
3rd Age Grouper	0:54:19	5:07:44	3:13:28	9:19:11
4th Age Grouper	0:55:09	5:08:53	3:17:52	9:25:22
5th Age Grouper	0:54:48	5:10:09	3:19:57	9:28:24
6th Age Grouper	0:50:14	5:13:18	3:24:40	9:32:11
7th Age Grouper	0:56:17	4:46:24	3:53:40	9:35:41
8th Age Grouper	0:56:18	5:11:55	3:26:21	9:37:58
9th Age Grouper	0:57:40	5:12:39	3:26:17	9:40:25
10th Age Grouper	0:57:16	5:12:14	3:28:44	9:41:54
<b>Kona Qualifier Average</b>	<b>0:53:53</b>	<b>5:04:51</b>	<b>3:14:44</b>	<b>9:16:51</b>
<b>Top 10 Age Grouper Average</b>	<b>0:54:48</b>	<b>5:06:36</b>	<b>3:23:51</b>	<b>9:28:24</b>

## Ironman Austria

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:53	4:21:42	2:46:45	8:00:25
1st Age Grouper	0:54:37	4:45:06	3:01:10	8:46:35
2nd Age Grouper	0:57:10	4:48:10	3:03:32	8:55:07
3rd Age Grouper	0:57:00	4:49:44	3:07:10	9:00:28
4th Age Grouper	0:59:44	4:52:49	3:05:30	9:03:57
5th Age Grouper	0:57:59	4:53:25	3:09:43	9:07:32
6th Age Grouper	0:59:02	4:51:55	3:12:01	9:10:16
7th Age Grouper	1:00:37	4:53:54	3:12:28	9:13:26
8th Age Grouper	1:02:30	4:55:02	3:09:59	9:14:33
9th Age Grouper	1:01:40	4:54:18	3:13:46	9:16:03
10th Age Grouper	1:00:04	4:55:46	3:13:52	9:17:11
<b>Kona Qualifier Average</b>	<b>0:57:08</b>	<b>4:48:57</b>	<b>3:04:21</b>	<b>8:56:32</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:02</b>	<b>4:52:01</b>	<b>3:08:55</b>	<b>9:06:31</b>

## Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:51	4:23:44	2:43:45	8:00:40
1st Age Grouper	1:01:42	4:35:35	3:02:24	8:44:29
2nd Age Grouper	0:57:49	4:36:58	3:11:03	8:50:16
3rd Age Grouper	0:58:46	4:40:59	3:08:10	8:53:16
4th Age Grouper	0:54:48	4:44:34	3:14:59	8:59:22
5th Age Grouper	0:57:56	4:45:52	3:12:28	9:01:07
6th Age Grouper	1:00:12	4:38:03	3:18:20	9:02:14
7th Age Grouper	1:01:03	4:41:03	3:16:17	9:03:20
8th Age Grouper	0:59:28	4:40:22	3:19:17	9:03:53
9th Age Grouper	0:59:28	4:43:20	3:18:03	9:05:19
10th Age Grouper	0:59:57	4:41:46	3:20:11	9:07:32
<b>Kona Qualifier Average</b>	<b>0:58:16</b>	<b>4:39:31</b>	<b>3:09:09</b>	<b>8:51:51</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:07</b>	<b>4:40:51</b>	<b>3:14:07</b>	<b>8:59:05</b>

## Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:54:28	4:26:50	3:01:55	8:29:48
1st Age Grouper	1:01:56	4:44:40	3:12:34	9:06:34
2nd Age Grouper	0:59:22	4:47:26	3:30:47	9:25:09
3rd Age Grouper	1:02:11	4:51:14	3:29:01	9:30:16
4th Age Grouper	1:07:55	4:53:32	3:29:42	9:38:54
5th Age Grouper	1:04:22	4:54:31	3:36:46	9:43:02
6th Age Grouper	1:03:38	5:00:59	3:38:19	9:51:04
7th Age Grouper	1:06:27	4:59:37	3:39:09	9:54:32
8th Age Grouper	1:11:11	5:07:21	3:33:50	10:01:26
9th Age Grouper	1:08:51	4:59:55	3:47:06	10:03:38
10th Age Grouper	1:10:34	4:58:42	3:48:50	10:06:30
<b>Kona Qualifier Average</b>	<b>1:01:09</b>	<b>4:47:47</b>	<b>3:24:07</b>	<b>9:20:40</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:39</b>	<b>4:55:47</b>	<b>3:34:36</b>	<b>9:44:06</b>

## Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:34	4:22:57	2:52:47	8:27:44
1st Age Grouper	1:04:52	4:39:37	3:08:03	9:52:25
2nd Age Grouper	0:57:46	4:32:23	2:55:14	9:29:10
3rd Age Grouper	0:57:20	4:31:34	2:58:52	9:33:33
4th Age Grouper	0:53:36	3:42:36	2:45:49	9:37:16
5th Age Grouper	0:59:00	4:10:13	3:31:48	9:39:30
6th Age Grouper	1:11:47	4:12:00	2:45:21	9:41:34
7th Age Grouper	0:55:17	4:09:10	2:49:19	9:44:04
8th Age Grouper	0:57:52	4:37:48	3:05:50	9:46:04
9th Age Grouper	0:57:37	4:37:52	3:06:52	9:48:06
10th Age Grouper	0:57:53	4:40:07	3:06:25	9:49:46
11th Age Grouper	0:58:55	4:38:05	3:09:37	9:51:33
12th Age Grouper	1:00:26	4:39:18	3:09:15	9:53:10
13th Age Grouper	0:56:56	4:38:38	3:13:17	9:54:35
<b>Kona Qualifier Average</b>	<b>0:59:13</b>	<b>4:26:59</b>	<b>3:03:35</b>	<b>9:44:27</b>

## Ironman Cairns

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:09	4:29:27	2:52:04	8:14:43
1st Age Grouper	0:56:53	4:55:36	3:15:18	9:12:50
2nd Age Grouper	1:00:46	4:56:26	3:18:04	9:21:31
3rd Age Grouper	1:02:03	5:01:45	3:15:38	9:25:20
4th Age Grouper	0:58:33	4:59:43	3:25:13	9:29:40
5th Age Grouper	1:00:28	5:01:08	3:23:54	9:31:37
6th Age Grouper	1:01:07	5:02:41	3:23:55	9:35:20
7th Age Grouper	1:00:51	5:03:41	3:27:50	9:38:58
8th Age Grouper	0:58:41	5:04:53	3:30:17	9:40:15
9th Age Grouper	1:02:08	5:05:47	3:28:19	9:43:03
10th Age Grouper	1:00:50	5:09:48	3:30:46	9:47:33
<b>Kona Qualifier Average</b>	<b>0:59:55</b>	<b>5:00:44</b>	<b>3:22:31</b>	<b>9:29:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:14</b>	<b>5:02:09</b>	<b>3:23:55</b>	<b>9:32:37</b>

## Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:49	4:41:19	2:57:22	8:34:06
1st Age Grouper	1:00:01	5:03:48	3:17:05	9:25:46
2nd Age Grouper	0:58:11	5:11:12	3:20:21	9:35:27
3rd Age Grouper	1:01:05	5:12:18	3:23:09	9:42:10
4th Age Grouper	1:04:27	5:11:26	3:24:13	9:46:15
5th Age Grouper	1:01:28	5:17:05	3:26:21	9:51:19
6th Age Grouper	1:03:12	5:20:50	3:24:46	9:55:05
7th Age Grouper	1:03:52	5:16:07	3:31:20	9:57:31
8th Age Grouper	1:03:39	5:17:06	3:34:26	10:00:56
9th Age Grouper	1:01:37	5:22:10	3:32:58	10:02:49
10th Age Grouper	1:04:52	5:21:46	3:33:17	10:06:51
<b>Kona Qualifier Average</b>	<b>1:00:02</b>	<b>5:13:41</b>	<b>3:25:03</b>	<b>9:44:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:18</b>	<b>5:16:44</b>	<b>3:28:14</b>	<b>9:53:20</b>

## Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:43:36	4:31:45	2:51:19	8:11:08
1st Age Grouper	0:52:25	5:03:09	3:26:26	9:29:18
2nd Age Grouper	0:55:13	5:12:25	3:24:16	9:40:32
3rd Age Grouper	0:56:42	5:08:04	3:37:03	9:48:53
4th Age Grouper	0:56:01	5:09:05	3:39:38	9:52:35
5th Age Grouper	0:54:24	5:17:19	3:34:53	9:54:02
6th Age Grouper	0:50:51	5:21:53	3:39:01	9:59:14
7th Age Grouper	0:51:28	5:18:06	3:47:48	10:04:05
8th Age Grouper	0:55:49	5:22:31	3:43:22	10:10:59
9th Age Grouper	0:59:30	5:14:26	3:49:12	10:12:15
10th Age Grouper	0:56:16	5:15:26	3:54:32	10:13:53
<b>Kona Qualifier Average</b>	<b>0:54:47</b>	<b>5:07:53</b>	<b>3:29:15</b>	<b>9:39:34</b>
<b>Top 10 Age Grouper Average</b>	<b>0:54:52</b>	<b>5:14:14</b>	<b>3:39:37</b>	<b>9:56:34</b>



## Ironman Coeur d'Alene

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:32	4:47:13	2:56:37	8:39:20
1st Age Grouper	1:03:54	5:08:29	3:12:35	9:30:37
2nd Age Grouper	1:03:08	5:08:44	3:21:36	9:39:08
3rd Age Grouper	1:03:33	5:12:28	3:23:33	9:45:26
4th Age Grouper	1:04:48	5:14:09	3:23:33	9:48:31
5th Age Grouper	1:01:39	5:15:48	3:28:38	9:53:06
6th Age Grouper	1:06:27	5:16:57	3:27:50	9:57:32
7th Age Grouper	1:03:44	5:16:34	3:34:00	10:01:11
8th Age Grouper	1:05:47	5:21:24	3:30:26	10:04:15
9th Age Grouper	1:05:17	5:19:25	3:34:55	10:06:37
10th Age Grouper	1:02:32	5:18:12	3:41:14	10:08:12
<b>Kona Qualifier Average</b>	<b>1:03:24</b>	<b>5:11:56</b>	<b>3:21:59</b>	<b>9:43:22</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:05</b>	<b>5:15:13</b>	<b>3:27:50</b>	<b>9:53:28</b>

## Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:10	4:25:17	2:51:46	8:10:47
1st Age Grouper	0:58:27	4:44:00	3:04:01	8:52:41
2nd Age Grouper	0:56:45	4:39:59	3:17:31	9:01:08
3rd Age Grouper	0:59:26	4:47:00	3:11:24	9:03:25
4th Age Grouper	0:56:16	4:47:45	3:17:28	9:08:19
5th Age Grouper	0:59:27	4:50:29	3:15:24	9:11:12
6th Age Grouper	0:58:36	4:50:57	3:17:05	9:12:40
7th Age Grouper	1:02:28	4:51:29	3:15:34	9:15:52
8th Age Grouper	0:59:41	4:48:24	3:22:24	9:16:41
9th Age Grouper	1:00:41	4:50:57	3:21:59	9:19:48
10th Age Grouper	1:02:32	4:55:06	3:18:36	9:23:14
<b>Kona Qualifier Average</b>	<b>0:57:43</b>	<b>4:44:41</b>	<b>3:12:36</b>	<b>9:01:23</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:26</b>	<b>4:48:37</b>	<b>3:16:09</b>	<b>9:10:30</b>

## Ironman Cozumel

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:11	4:35:24	2:53:17	8:11:39
1st Age Grouper	0:51:19	5:06:41	3:08:07	9:03:14
2nd Age Grouper	0:53:36	4:58:50	3:14:31	9:12:08
3rd Age Grouper	0:48:21	5:00:47	3:18:51	9:18:35
4th Age Grouper	0:54:38	4:22:48	3:24:34	9:26:44
5th Age Grouper	0:51:35	5:06:53	3:20:30	9:30:33
6th Age Grouper	0:54:36	5:05:53	3:30:30	9:36:39
7th Age Grouper	0:56:38	5:17:14	3:25:46	9:39:28
8th Age Grouper	0:55:21	5:15:49	3:25:00	9:42:38
9th Age Grouper	0:57:48	5:12:12	3:28:58	9:45:39
10th Age Grouper	0:57:50	5:13:33	3:29:49	9:47:47
<b>Kona Qualifier Average</b>	<b>0:51:05</b>	<b>5:02:06</b>	<b>3:13:50</b>	<b>9:11:19</b>
<b>Top 10 Age Grouper Average</b>	<b>0:54:10</b>	<b>5:04:04</b>	<b>3:22:40</b>	<b>9:30:20</b>

## Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:36	4:28:30	2:55:13	8:17:08
1st Age Grouper	0:54:55	4:46:30	3:05:54	8:53:19
2nd Age Grouper	0:53:52	4:52:42	3:09:03	9:02:47
3rd Age Grouper	0:55:10	4:51:03	3:15:10	9:07:43
4th Age Grouper	0:53:49	4:52:42	3:18:01	9:11:46
5th Age Grouper	0:56:12	4:53:58	3:16:27	9:14:09
6th Age Grouper	0:55:56	4:53:42	3:21:40	9:18:31
7th Age Grouper	0:58:33	4:55:37	3:20:23	9:21:53
8th Age Grouper	0:58:26	4:55:15	3:23:15	9:24:31
9th Age Grouper	0:57:30	4:57:13	3:25:11	9:27:29
10th Age Grouper	0:57:10	4:58:56	3:26:33	9:30:26
<b>Kona Qualifier Average</b>	<b>0:55:38</b>	<b>4:53:23</b>	<b>3:12:58</b>	<b>9:08:47</b>
<b>Top 10 Age Grouper Average</b>	<b>0:56:27</b>	<b>4:54:45</b>	<b>3:19:00</b>	<b>9:17:27</b>

## Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:56:10	4:48:08	3:09:27	8:58:55
1st Age Grouper	1:00:08	5:01:11	3:17:05	9:23:52
2nd Age Grouper	0:58:40	5:06:27	3:23:29	9:34:32
3rd Age Grouper	1:04:27	5:04:44	3:25:02	9:40:05
4th Age Grouper	1:01:22	5:00:54	3:33:07	9:41:21
5th Age Grouper	1:08:28	5:06:59	3:21:25	9:42:51
6th Age Grouper	0:59:41	5:07:23	3:32:17	9:44:59
7th Age Grouper	1:03:11	5:06:44	3:32:05	9:48:32
8th Age Grouper	1:13:48	5:11:29	3:24:34	9:56:01
9th Age Grouper	1:11:09	5:13:33	3:27:02	9:59:48
10th Age Grouper	1:06:10	5:14:20	3:35:06	10:01:22
<b>Kona Qualifier Average</b>	<b>1:02:08</b>	<b>5:04:36</b>	<b>3:25:24</b>	<b>9:37:57</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:42</b>	<b>5:07:22</b>	<b>3:27:07</b>	<b>9:45:20</b>

## Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:33	4:46:18	2:48:24	8:30:39
1st Age Grouper	0:53:18	5:09:39	3:33:22	9:13:35
2nd Age Grouper	0:58:36	5:10:21	3:07:24	9:23:33
3rd Age Grouper	0:57:33	5:13:00	3:12:19	9:30:37
4th Age Grouper	1:00:10	5:10:53	3:15:18	9:34:28
5th Age Grouper	1:02:06	5:12:22	3:14:14	9:37:21
6th Age Grouper	0:59:43	5:20:54	3:13:35	9:41:26
7th Age Grouper	1:02:46	5:16:01	3:16:41	9:43:13
8th Age Grouper	1:02:55	5:16:08	3:17:24	9:45:01
9th Age Grouper	1:02:39	5:19:11	3:18:18	9:48:13
10th Age Grouper	1:01:00	5:24:33	3:53:15	9:49:59
<b>Kona Qualifier Average</b>	<b>0:57:24</b>	<b>5:10:58</b>	<b>3:17:06</b>	<b>9:25:33</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:05</b>	<b>5:15:18</b>	<b>3:20:11</b>	<b>9:36:44</b>

### Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:05	4:21:28	2:49:26	8:02:40
1st Age Grouper	0:57:00	4:47:43	2:52:07	8:56:05
2nd Age Grouper	0:56:59	4:50:47	3:31:46	9:02:58
3rd Age Grouper	1:01:37	4:48:28	2:56:28	9:07:10
4th Age Grouper	0:57:55	4:52:14	3:34:22	9:09:46
5th Age Grouper	0:58:25	4:54:44	3:00:38	9:13:21
6th Age Grouper	1:00:58	4:53:49	3:00:14	9:15:03
7th Age Grouper	0:54:59	4:32:57	3:42:29	9:17:24
8th Age Grouper	0:59:27	4:55:51	3:03:51	9:19:42
9th Age Grouper	0:58:41	4:32:34	3:07:15	9:20:39
10th Age Grouper	1:00:22	4:56:09	3:04:51	9:21:51
<b>Kona Qualifier Average</b>	<b>0:58:27</b>	<b>4:47:41</b>	<b>3:12:08</b>	<b>9:11:21</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:38</b>	<b>4:48:32</b>	<b>3:11:24</b>	<b>9:12:24</b>

### Ironman Hamburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:05	4:24:32	2:40:58	8:00:36
1st Age Grouper	0:55:32	4:54:50	3:04:52	9:04:13
2nd Age Grouper	0:56:23	5:01:43	3:01:32	9:07:31
3rd Age Grouper	0:59:23	4:54:03	3:07:25	9:08:06
4th Age Grouper	0:57:02	5:03:56	3:05:02	9:13:26
5th Age Grouper	0:56:58	4:55:04	3:13:36	9:13:38
6th Age Grouper	1:00:48	5:06:06	3:00:18	9:14:31
7th Age Grouper	1:03:07	4:58:54	3:08:32	9:18:46
8th Age Grouper	1:00:10	5:01:18	3:13:19	9:22:51
9th Age Grouper	1:02:32	4:59:54	3:11:28	9:24:09
10th Age Grouper	0:56:40	4:57:49	3:21:23	9:24:19
<b>Kona Qualifier Average</b>	<b>0:57:05</b>	<b>4:58:38</b>	<b>3:04:42</b>	<b>9:08:19</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:51</b>	<b>4:59:21</b>	<b>3:08:44</b>	<b>9:15:09</b>

### Ironman Hefei 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:23:51	2:12:53	1:15:03	3:55:32
1st Age Grouper	0:25:12	2:14:50	1:24:19	4:08:23
2nd Age Grouper	0:25:34	2:19:02	1:22:45	4:12:00
3rd Age Grouper	0:26:31	2:17:09	1:24:52	4:13:22
4th Age Grouper	0:28:05	2:20:02	1:19:09	4:13:34
5th Age Grouper	0:29:56	2:20:20	1:23:40	4:19:11
6th Age Grouper	0:27:46	2:15:01	1:32:45	4:20:41
7th Age Grouper	0:31:10	2:16:51	1:28:33	4:21:24
8th Age Grouper	0:34:05	2:16:20	1:25:48	4:21:38
9th Age Grouper	0:26:50	2:19:45	1:32:46	4:24:29
10th Age Grouper	0:30:13	2:18:50	1:30:43	4:25:04
<b>Kona Qualifier Average</b>	<b>0:27:10</b>	<b>2:17:44</b>	<b>1:24:35</b>	<b>4:14:31</b>
<b>Top 10 Age Grouper Average</b>	<b>0:28:32</b>	<b>2:17:49</b>	<b>1:26:32</b>	<b>4:17:58</b>

## Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:21	4:50:00	2:56:36	8:43:10
1st Age Grouper	0:57:41	5:13:40	3:10:52	9:31:02
2nd Age Grouper	0:56:52	5:18:06	3:17:39	9:41:11
3rd Age Grouper	0:59:31	5:19:38	3:15:47	9:44:44
4th Age Grouper	0:57:16	5:22:44	3:08:05	9:47:20
5th Age Grouper	0:58:00	5:20:09	3:24:14	9:51:52
6th Age Grouper	0:57:08	5:22:27	3:26:50	9:55:21
7th Age Grouper	0:57:58	5:24:38	3:25:24	9:57:32
8th Age Grouper	0:59:02	5:24:52	3:27:08	10:00:19
9th Age Grouper	1:01:27	5:25:44	3:26:37	10:03:35
10th Age Grouper	1:00:17	5:26:41	3:30:03	10:06:12
<b>Kona Qualifier Average</b>	<b>0:58:01</b>	<b>5:17:08</b>	<b>3:14:46</b>	<b>9:38:59</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:31</b>	<b>5:21:52</b>	<b>3:21:16</b>	<b>9:51:55</b>

## Ironman Lanzarote

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:44	4:56:59	2:52:21	8:45:02
1st Age Grouper	0:57:15	5:22:14	2:46:39	9:25:00
2nd Age Grouper	0:58:32	5:16:52	3:11:33	9:35:26
3rd Age Grouper	0:57:03	5:23:38	3:11:01	9:39:21
4th Age Grouper	0:59:43	5:23:23	3:15:49	9:47:18
5th Age Grouper	0:57:21	5:27:52	3:17:40	9:50:47
6th Age Grouper	0:59:02	5:27:21	3:18:17	9:52:51
7th Age Grouper	1:00:03	5:29:44	3:17:18	9:55:19
8th Age Grouper	1:00:20	5:27:06	3:21:19	9:57:15
9th Age Grouper	0:59:20	5:32:04	3:20:05	10:00:16
10th Age Grouper	1:01:11	5:30:50	3:21:53	10:02:42
<b>Kona Qualifier Average</b>	<b>0:58:08</b>	<b>5:21:32</b>	<b>3:06:15</b>	<b>9:36:46</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:59</b>	<b>5:26:06</b>	<b>3:14:09</b>	<b>9:48:37</b>

## Ironman Los Cabos

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:55:27	4:49:37	3:11:18	9:00:56
1st Age Grouper	1:02:35	5:06:12	3:19:43	9:32:55
2nd Age Grouper	1:00:47	5:05:27	3:31:53	9:44:10
3rd Age Grouper	0:58:30	5:18:00	3:25:35	9:48:03
4th Age Grouper	0:58:57	5:22:29	3:34:19	10:01:19
5th Age Grouper	1:02:41	5:21:44	3:38:27	10:09:06
6th Age Grouper	1:06:03	5:26:11	3:37:30	10:17:07
7th Age Grouper	1:13:23	5:23:38	3:38:02	10:22:13
8th Age Grouper	1:12:58	5:26:38	3:41:51	10:27:12
9th Age Grouper	1:03:44	5:42:15	3:50:49	10:42:35
10th Age Grouper	1:05:17	5:30:20	4:02:40	10:46:20
<b>Kona Qualifier Average</b>	<b>1:00:12</b>	<b>5:13:02</b>	<b>3:27:52</b>	<b>9:46:37</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:29</b>	<b>5:22:17</b>	<b>3:38:05</b>	<b>10:11:06</b>

## Ironman Louisville

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:53:04	4:40:00	2:57:49	8:35:29
1st Age Grouper	0:55:42	5:02:25	3:18:35	9:24:20
2nd Age Grouper	1:00:46	5:07:09	3:20:25	9:35:53
3rd Age Grouper	1:00:08	5:05:11	3:29:37	9:43:20
4th Age Grouper	1:02:06	5:08:05	3:33:50	9:52:12
5th Age Grouper	1:01:38	5:14:24	3:30:20	9:54:30
6th Age Grouper	1:04:03	5:08:48	3:37:41	9:58:24
7th Age Grouper	1:00:17	5:10:13	3:42:34	10:02:11
8th Age Grouper	1:14:43	4:40:40	4:21:10	10:05:06
9th Age Grouper	1:01:52	5:18:34	3:39:17	10:08:25
10th Age Grouper	1:03:36	5:20:34	3:37:55	10:11:08
<b>Kona Qualifier Average</b>	<b>0:58:52</b>	<b>5:04:55</b>	<b>3:22:52</b>	<b>9:34:31</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:29</b>	<b>5:07:36</b>	<b>3:37:08</b>	<b>9:53:33</b>

## Ironman Maastricht-Limburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:33	4:38:32	2:51:30	8:24:34
1st Age Grouper	0:52:37	5:07:41	3:17:12	9:23:03
2nd Age Grouper	0:59:07	5:09:26	3:12:53	9:27:42
3rd Age Grouper	0:55:46	5:20:15	3:10:39	9:33:52
4th Age Grouper	1:00:37	5:16:57	3:14:59	9:39:12
5th Age Grouper	0:57:51	5:16:03	3:21:03	9:42:00
6th Age Grouper	0:56:18	5:19:03	3:20:48	9:44:04
7th Age Grouper	0:58:10	5:21:10	3:18:03	9:45:15
8th Age Grouper	1:00:20	5:11:30	3:27:33	9:46:49
9th Age Grouper	0:57:39	5:18:18	3:25:16	9:48:29
10th Age Grouper	1:01:07	5:13:53	3:28:13	9:50:48
<b>Kona Qualifier Average</b>	<b>0:57:02</b>	<b>5:13:35</b>	<b>3:13:56</b>	<b>9:30:57</b>
<b>Top 10 Age Grouper Average</b>	<b>0:57:57</b>	<b>5:15:25</b>	<b>3:19:40</b>	<b>9:40:07</b>

## Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:34	4:43:59	3:05:15	8:44:22
1st Age Grouper	1:01:51	5:08:40	3:26:58	9:44:12
2nd Age Grouper	1:03:46	5:18:57	3:39:00	10:08:23
3rd Age Grouper	1:05:10	5:23:53	3:37:13	10:13:35
4th Age Grouper	1:04:20	5:14:40	3:48:55	10:14:54
5th Age Grouper	1:01:22	5:18:10	3:50:46	10:16:56
6th Age Grouper	1:05:43	5:14:27	3:53:29	10:20:23
7th Age Grouper	1:06:05	5:26:45	3:41:27	10:22:27
8th Age Grouper	1:03:58	5:23:03	3:51:59	10:26:57
9th Age Grouper	1:09:36	5:16:06	4:00:13	10:32:38
10th Age Grouper	1:03:08	5:34:53	3:49:22	10:35:16
<b>Kona Qualifier Average</b>	<b>1:03:18</b>	<b>5:16:52</b>	<b>3:40:34</b>	<b>10:07:36</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:30</b>	<b>5:19:57</b>	<b>3:45:56</b>	<b>10:17:34</b>

## Ironman Mallorca

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:06	4:39:57	2:52:56	8:25:51
1st Age Grouper	0:52:22	4:55:15	3:02:50	8:56:18
2nd Age Grouper	0:53:34	4:53:55	3:05:44	9:00:25
3rd Age Grouper	0:56:41	4:55:26	3:03:46	9:02:59
4th Age Grouper	0:55:34	4:58:14	3:06:44	9:06:55
5th Age Grouper	1:00:09	5:00:19	3:04:24	9:11:36
6th Age Grouper	0:54:39	4:56:23	3:15:55	9:13:35
7th Age Grouper	0:59:51	4:56:20	3:10:32	9:13:43
8th Age Grouper	0:55:05	5:03:02	3:12:02	9:17:30
9th Age Grouper	0:59:29	5:04:56	3:07:16	9:18:39
10th Age Grouper	0:58:17	5:00:10	3:15:10	9:20:23
<b>Kona Qualifier Average</b>	<b>0:55:40</b>	<b>4:56:38</b>	<b>3:04:42</b>	<b>9:03:39</b>
<b>Top 10 Age Grouper Average</b>	<b>0:56:34</b>	<b>4:58:24</b>	<b>3:08:26</b>	<b>9:10:12</b>

## Ironman Maryland

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:53:10	4:28:22	3:00:43	8:09:41
1st Age Grouper	0:37:39	4:25:03	3:12:44	8:21:08
2nd Age Grouper	0:33:44	4:38:39	3:18:16	8:36:59
3rd Age Grouper	0:39:58	4:37:09	3:14:06	8:40:25
4th Age Grouper	0:38:58	4:34:29	3:24:24	8:45:33
5th Age Grouper	0:38:13	4:37:54	3:25:05	8:49:52
6th Age Grouper	0:38:16	4:46:20	3:20:20	8:52:28
7th Age Grouper	0:37:34	4:44:15	3:25:17	8:55:20
8th Age Grouper	0:40:15	4:38:02	3:30:40	8:55:38
9th Age Grouper	0:38:15	4:44:12	3:27:34	8:57:03
10th Age Grouper	0:38:43	4:44:41	3:29:40	9:01:57
<b>Kona Qualifier Average</b>	<b>0:37:07</b>	<b>4:33:37</b>	<b>3:15:02</b>	<b>8:32:50</b>
<b>Top 10 Age Grouper Average</b>	<b>0:38:09</b>	<b>4:39:04</b>	<b>3:22:48</b>	<b>8:47:38</b>

## Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:07	4:31:09	2:56:18	8:24:32
1st Age Grouper	1:02:15	4:59:42	3:10:44	9:19:31
2nd Age Grouper	1:01:02	5:06:09	3:17:03	9:31:03
3rd Age Grouper	1:05:48	5:04:07	3:16:46	9:34:27
4th Age Grouper	1:01:41	5:06:18	3:24:59	9:39:56
5th Age Grouper	1:00:06	5:11:08	3:24:32	9:43:23
6th Age Grouper	1:00:10	5:12:00	3:26:46	9:47:00
7th Age Grouper	1:02:03	5:07:48	3:30:47	9:48:09
8th Age Grouper	1:03:34	5:06:02	3:31:56	9:49:21
9th Age Grouper	1:04:15	5:11:53	3:27:04	9:51:17
10th Age Grouper	1:02:46	5:16:59	3:26:20	9:54:08
<b>Kona Qualifier Average</b>	<b>1:03:01</b>	<b>5:03:19</b>	<b>3:14:51</b>	<b>9:28:20</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:22</b>	<b>5:08:13</b>	<b>3:23:42</b>	<b>9:41:49</b>

### Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:07	4:40:19	2:48:24	8:21:29
1st Age Grouper	0:55:40	5:02:03	3:12:29	9:16:54
2nd Age Grouper	0:57:01	5:04:03	3:17:13	9:24:41
3rd Age Grouper	0:57:15	5:09:22	3:18:11	9:31:11
4th Age Grouper	0:59:30	5:09:18	3:18:07	9:34:06
5th Age Grouper	0:58:53	5:10:35	3:22:59	9:39:16
6th Age Grouper	0:58:13	5:11:34	3:25:34	9:42:39
7th Age Grouper	1:00:55	5:12:13	3:25:16	9:45:49
8th Age Grouper	1:01:28	5:15:37	3:26:44	9:50:55
9th Age Grouper	1:00:11	5:17:05	3:29:48	9:54:08
10th Age Grouper	1:02:05	5:16:50	3:30:18	9:56:49
<b>Kona Qualifier Average</b>	<b>0:56:39</b>	<b>5:05:10</b>	<b>3:15:58</b>	<b>9:24:15</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:07</b>	<b>5:10:52</b>	<b>3:22:40</b>	<b>9:39:39</b>

### Ironman North Carolina

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner				
<b>Kona Qualifier Average</b>				

### Ironman Santa Rosa

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:35	4:43:42		8:53:44
1st Age Grouper	0:53:31	4:54:09		9:12:15
2nd Age Grouper	0:57:28	5:04:41	3:16:12	9:27:54
3rd Age Grouper	1:10:42	4:52:37	3:16:07	9:29:07
4th Age Grouper	1:06:27	5:07:51	3:07:23	9:31:38
5th Age Grouper	1:11:00	5:02:07	3:12:58	9:37:23
6th Age Grouper	1:03:09	5:01:46	3:27:10	9:41:05
7th Age Grouper	1:02:39	4:56:53	3:44:09	9:56:56
8th Age Grouper	1:06:06	5:20:19	3:31:46	10:06:30
9th Age Grouper	1:02:15		4:09:17	10:07:57
10th Age Grouper	1:11:18	5:11:31	3:32:13	10:09:52
<b>Kona Qualifier Average</b>	<b>1:00:33</b>	<b>4:57:09</b>	<b>2:10:46</b>	<b>9:23:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:27</b>	<b>4:33:11</b>	<b>3:07:43</b>	<b>9:44:03</b>

### Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:27	4:32:06	2:50:27	8:18:01
1st Age Grouper	1:01:06	5:00:36	3:13:14	9:20:13
2nd Age Grouper	1:00:33	5:01:58	3:22:42	9:30:51
3rd Age Grouper	1:02:08	5:12:14	3:15:46	9:35:56
4th Age Grouper	1:03:06	5:11:54	3:19:54	9:41:08
5th Age Grouper	1:03:44	5:16:26	3:19:37	9:46:39
6th Age Grouper	1:03:34	5:09:53	3:31:40	9:51:02
7th Age Grouper	1:04:21	5:11:49	3:33:40	9:55:43
8th Age Grouper	1:07:56	5:10:50	3:34:27	9:59:28
9th Age Grouper	1:04:25	5:20:00	3:33:58	10:04:40
10th Age Grouper	1:03:53	5:15:38	3:41:22	10:07:31
<b>Kona Qualifier Average</b>	<b>1:03:26</b>	<b>5:10:38</b>	<b>3:25:00</b>	<b>9:45:04</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:28</b>	<b>5:11:08</b>	<b>3:26:38</b>	<b>9:47:19</b>

## Ironman Sweden

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:02	4:30:40	2:51:45	8:15:55
1st Age Grouper	0:57:27	4:46:23	3:04:26	8:52:30
2nd Age Grouper	1:02:58	4:47:53	3:04:36	9:00:40
3rd Age Grouper	1:02:15	4:48:46	3:10:30	9:06:22
4th Age Grouper	0:59:52	4:49:21	3:16:41	9:11:15
5th Age Grouper	1:01:51	4:55:49	3:12:57	9:16:14
6th Age Grouper	1:03:10	4:53:02	3:16:10	9:17:42
7th Age Grouper	0:59:41	4:55:50	3:18:25	9:19:42
8th Age Grouper	1:00:15	4:54:05	3:22:56	9:23:03
9th Age Grouper	0:59:41	4:59:05	3:21:36	9:25:15
10th Age Grouper	1:03:38	5:01:46	3:15:27	9:27:12
<b>Kona Qualifier Average</b>	<b>1:00:38</b>	<b>4:48:06</b>	<b>3:09:03</b>	<b>9:02:42</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:05</b>	<b>4:53:12</b>	<b>3:14:23</b>	<b>9:13:59</b>

## Ironman Switzerland

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:53:38	4:31:57	2:52:23	8:20:37
1st Age Grouper	0:56:50	4:57:37	3:08:31	9:06:51
2nd Age Grouper	1:01:22	4:56:53	3:10:56	9:13:44
3rd Age Grouper	1:01:46	4:59:09	3:12:27	9:17:44
4th Age Grouper	1:04:11	4:57:01	3:14:54	9:21:18
5th Age Grouper	1:01:01	5:02:36	3:16:27	9:24:21
6th Age Grouper	0:59:51	5:06:19	3:16:55	9:27:19
7th Age Grouper	1:04:30	5:02:25	3:16:45	9:28:24
8th Age Grouper	1:02:13	5:03:59	3:19:51	9:30:20
9th Age Grouper	1:00:54	5:04:33	3:22:39	9:32:26
10th Age Grouper	1:01:34	5:07:48	3:21:11	9:35:20
<b>Kona Qualifier Average</b>	<b>1:01:02</b>	<b>4:57:40</b>	<b>3:11:42</b>	<b>9:14:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:25</b>	<b>5:01:50</b>	<b>3:16:04</b>	<b>9:23:47</b>

## Ironman Taiwan

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:55	4:32:25	3:04:22	8:33:19
1st Age Grouper	1:01:59	5:17:52	3:28:07	9:55:18
2nd Age Grouper	1:06:18	5:17:32	3:41:31	10:14:35
3rd Age Grouper	1:01:18	5:18:15	4:01:32	10:27:38
4th Age Grouper	1:06:49	5:49:46	3:48:46	10:53:53
5th Age Grouper	1:18:27	5:31:31	3:57:20	10:57:17
6th Age Grouper	1:04:13	5:42:55	4:11:15	11:09:35
7th Age Grouper	1:05:29	5:39:37	4:25:18	11:19:17
8th Age Grouper	1:16:38	5:47:32	4:06:00	11:24:45
9th Age Grouper	1:17:35	5:44:15	4:15:33	11:27:52
10th Age Grouper	1:12:20	5:45:59	4:20:54	11:31:54
<b>Kona Qualifier Average</b>	<b>1:04:08</b>	<b>5:17:42</b>	<b>3:34:49</b>	<b>10:04:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:06</b>	<b>5:35:31</b>	<b>4:01:37</b>	<b>10:56:12</b>



### Ironman Texas

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:39	4:17:30	2:47:04	8:00:58
1st Age Grouper	1:00:19	4:37:08	3:12:24	8:56:08
2nd Age Grouper	1:04:58	4:40:09	3:15:16	9:07:07
3rd Age Grouper	1:00:06	4:47:42	3:18:51	9:13:11
4th Age Grouper	0:59:40	4:45:57	3:28:12	9:20:52
5th Age Grouper	1:01:15	4:47:53	3:27:24	9:23:21
6th Age Grouper	1:07:34	4:08:56	4:18:03	9:29:37
7th Age Grouper	1:05:46	4:52:07	3:28:19	9:33:30
8th Age Grouper	1:05:43	4:52:22	3:29:15	9:35:22
9th Age Grouper	1:05:00	4:54:39	3:30:18	9:37:07
10th Age Grouper	1:04:44	4:51:29	3:35:39	9:38:33
<b>Kona Qualifier Average</b>	<b>1:03:10</b>	<b>4:41:32</b>	<b>3:29:43</b>	<b>9:19:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:30</b>	<b>4:43:50</b>	<b>3:30:22</b>	<b>9:23:29</b>

### Ironman UK

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:39	4:57:45	2:53:19	8:43:09
1st Age Grouper	0:59:51	5:14:49	3:06:38	9:27:44
2nd Age Grouper	1:00:04	5:25:24	3:12:44	9:44:28
3rd Age Grouper	1:01:33	5:27:45	3:13:08	9:49:54
4th Age Grouper	1:00:50	5:30:06	3:16:56	9:54:42
5th Age Grouper	0:58:39	5:37:54	3:17:17	10:00:37
6th Age Grouper	0:58:58	5:34:23	3:24:26	10:04:30
7th Age Grouper	1:02:33	5:36:23	3:22:28	10:08:22
8th Age Grouper	1:01:13	5:38:15	3:25:33	10:12:38
9th Age Grouper	1:00:40	5:38:30	3:29:28	10:16:06
10th Age Grouper	1:02:48	5:39:56	3:28:34	10:20:31
<b>Kona Qualifier Average</b>	<b>1:00:34</b>	<b>5:24:31</b>	<b>3:12:21</b>	<b>9:44:12</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:43</b>	<b>5:32:20</b>	<b>3:19:43</b>	<b>9:59:57</b>

### Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:54:31	4:32:33	2:54:56	8:27:11
1st Age Grouper	1:00:31	4:42:55	2:58:57	8:48:40
2nd Age Grouper	1:00:44	4:39:52	3:10:52	8:58:28
3rd Age Grouper	1:03:30	4:44:58	3:07:20	9:02:11
4th Age Grouper	0:58:30	4:46:03	3:18:12	9:09:58
5th Age Grouper	0:57:59	4:57:50	3:15:30	9:18:19
6th Age Grouper	1:04:00	4:46:52	3:23:12	9:21:06
7th Age Grouper	1:06:14	4:50:52	3:21:33	9:24:47
8th Age Grouper	1:01:05	4:46:46	3:31:48	9:27:10
9th Age Grouper	1:05:16	4:54:38	3:25:17	9:31:25
10th Age Grouper	1:14:43	4:56:16	3:16:07	9:34:06
<b>Kona Qualifier Average</b>	<b>1:00:49</b>	<b>4:43:27</b>	<b>3:08:50</b>	<b>8:59:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:15</b>	<b>4:48:42</b>	<b>3:16:53</b>	<b>9:15:37</b>

## Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:54:31	4:32:33	2:54:56	8:27:11
1st Age Grouper	1:00:31	4:42:55	2:58:57	8:48:40
2nd Age Grouper	1:00:44	4:39:52	3:10:52	8:58:28
3rd Age Grouper	1:03:30	4:44:58	3:07:20	9:02:11
4th Age Grouper	0:58:30	4:46:03	3:18:12	9:09:58
5th Age Grouper	0:57:59	4:57:50	3:15:30	9:18:19
6th Age Grouper	1:04:00	4:46:52	3:23:12	9:21:06
7th Age Grouper	1:06:14	4:50:52	3:21:33	9:24:47
8th Age Grouper	1:01:05	4:46:46	3:31:48	9:27:10
9th Age Grouper	1:05:16	4:54:38	3:25:17	9:31:25
10th Age Grouper	1:14:43	4:56:16	3:16:07	9:34:06
<b>Kona Qualifier Average</b>	<b>1:00:49</b>	<b>4:43:27</b>	<b>3:08:50</b>	<b>8:59:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:15</b>	<b>4:48:42</b>	<b>3:16:53</b>	<b>9:15:37</b>

## Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:48	5:07:22	2:58:31	9:02:50
1st Age Grouper	0:55:58	5:27:15	3:10:03	9:43:54
2nd Age Grouper	0:58:21	5:35:47	3:18:04	10:02:46
3rd Age Grouper	1:02:09	5:40:28	3:14:15	10:07:07
4th Age Grouper	1:00:47	5:40:12	3:18:20	10:11:25
5th Age Grouper	0:57:56	5:39:22	3:25:42	10:13:53
6th Age Grouper	1:01:48	5:44:09	3:21:42	10:18:33
7th Age Grouper	1:01:49	5:43:09	3:24:03	10:20:25
8th Age Grouper	1:01:15	5:46:32	3:25:32	10:24:08
9th Age Grouper	1:03:31	5:49:10	3:23:09	10:27:48
10th Age Grouper	0:59:48	5:49:39	3:28:04	10:29:25
<b>Kona Qualifier Average</b>	<b>0:59:02</b>	<b>5:36:37</b>	<b>3:17:17</b>	<b>10:03:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:20</b>	<b>5:41:34</b>	<b>3:20:53</b>	<b>10:13:56</b>

## Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:42	4:27:56	2:50:28	8:10:32
1st Age Grouper	0:55:18	4:49:10	3:07:39	8:55:08
2nd Age Grouper	0:56:18	4:52:08	3:12:58	9:04:33
3rd Age Grouper	0:57:23	4:53:20	3:15:20	9:09:26
4th Age Grouper	0:58:57	4:56:37	3:15:33	9:14:31
5th Age Grouper	0:56:15	4:57:18	3:21:18	9:18:02
6th Age Grouper	0:56:55	4:55:10	3:27:52	9:23:41
7th Age Grouper	0:59:58	4:59:42	3:24:01	9:27:51
8th Age Grouper	0:58:45	4:58:08	3:30:19	9:30:58
9th Age Grouper	0:59:43	4:56:15	3:32:26	9:32:28
10th Age Grouper	0:58:02	5:00:38	3:32:14	9:34:50
<b>Kona Qualifier Average</b>	<b>0:56:20</b>	<b>4:51:33</b>	<b>3:11:59</b>	<b>9:03:02</b>
<b>Top 10 Age Grouper Average</b>	<b>0:57:45</b>	<b>4:55:50</b>	<b>3:21:58</b>	<b>9:19:09</b>

## Ironman Weymouth

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	1:06:23	5:01:20	3:09:16	9:22:25
1st Age Grouper	1:01:29	5:23:53	3:15:07	9:48:12
2nd Age Grouper	0:58:37	5:28:34	3:19:39	9:52:53
3rd Age Grouper	1:01:59	5:06:32	3:39:38	9:57:19
4th Age Grouper	1:05:59	5:32:52	3:24:28	10:11:03
5th Age Grouper	1:13:30	5:26:08	3:33:01	10:19:50
6th Age Grouper	1:05:56	5:30:59	3:35:15	10:20:48
7th Age Grouper	0:56:31	5:42:39	3:40:00	10:27:44
8th Age Grouper	1:10:00	5:46:02	3:25:44	10:29:36
9th Age Grouper	1:04:00	5:42:43	3:36:26	10:32:16
10th Age Grouper	1:01:50	5:56:40	3:28:25	10:34:34
<b>Kona Qualifier Average</b>	<b>1:00:41</b>	<b>5:19:39</b>	<b>3:24:48</b>	<b>9:52:48</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:59</b>	<b>5:33:42</b>	<b>3:29:46</b>	<b>10:15:25</b>

## Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:56	4:47:00	3:00:53	8:47:27
1st Age Grouper	1:00:30	5:07:43	3:15:56	9:32:19
2nd Age Grouper	1:03:05	5:11:20	3:20:07	9:42:42
3rd Age Grouper	1:00:32	5:17:46	3:23:33	9:49:55
4th Age Grouper	1:04:19	5:17:14	3:24:23	9:55:00
5th Age Grouper	1:04:33	5:19:23	3:27:21	10:00:21
6th Age Grouper	1:03:32	5:22:29	3:30:34	10:05:54
7th Age Grouper	1:05:04	5:25:34	3:29:27	10:09:38
8th Age Grouper	1:04:40	5:25:54	3:33:04	10:13:01
9th Age Grouper	1:03:35	5:23:16	3:40:12	10:16:15
10th Age Grouper	1:02:28	5:26:41	3:40:12	10:18:52
<b>Kona Qualifier Average</b>	<b>1:01:22</b>	<b>5:12:16</b>	<b>3:19:52</b>	<b>9:41:39</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:14</b>	<b>5:19:44</b>	<b>3:28:29</b>	<b>10:00:24</b>

## Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:02	4:31:26	2:50:26	8:18:08
1st Age Grouper	1:02:21	4:46:21	3:04:35	8:59:00
2nd Age Grouper	1:00:11	4:52:50	3:05:28	9:04:01
3rd Age Grouper	0:58:39	4:55:22	3:08:13	9:08:07
4th Age Grouper	0:58:42	4:57:34	3:08:24	9:10:53
5th Age Grouper	1:02:00	4:58:37	3:06:25	9:13:05
6th Age Grouper	1:00:52	4:56:38	3:11:04	9:14:53
7th Age Grouper	1:01:35	4:59:56	3:09:28	9:16:53
8th Age Grouper	1:01:07	5:02:13	3:08:07	9:17:59
9th Age Grouper	1:01:55	4:57:08	3:14:35	9:19:18
10th Age Grouper	1:01:58	4:59:19	3:13:06	9:20:47
<b>Kona Qualifier Average</b>	<b>1:02:21</b>	<b>4:46:21</b>	<b>3:04:35</b>	<b>8:59:00</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:56</b>	<b>4:56:36</b>	<b>3:08:56</b>	<b>9:12:30</b>

# Ironman Xiamen 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:26:09	2:03:36	1:21:15	3:56:51
1st Age Grouper	0:31:06	2:17:16	1:32:49	4:28:24
2nd Age Grouper	0:43:13	2:22:42	1:19:40	4:33:10
3rd Age Grouper	0:27:22	2:23:47	1:37:01	4:36:12
4th Age Grouper	0:35:50	2:19:14	1:37:45	4:41:02
5th Age Grouper	0:37:54	2:30:01	1:25:14	4:41:46
6th Age Grouper	0:33:59	2:26:04	1:36:18	4:43:56
7th Age Grouper	0:33:25	2:30:04	1:34:53	4:46:21
8th Age Grouper	0:44:52	2:26:26	1:29:35	4:48:47
9th Age Grouper	0:32:53	2:23:34	1:43:15	4:49:06
10th Age Grouper	0:39:13	2:27:55	1:35:24	4:50:59
<b>Kona Qualifier Average</b>	<b>0:34:22</b>	<b>2:20:44</b>	<b>1:31:48</b>	<b>4:34:42</b>
<b>Top 10 Age Grouper Average</b>	<b>0:35:58</b>	<b>2:24:42</b>	<b>1:33:11</b>	<b>4:41:58</b>

Results from Ironman.com. Tables compiled by Russ Cox (russell.m.cox@gmail.com) for www.coachcox.co.uk